

## Challenge a great way to get in shape for spring

For those considering taking part in the community get-health program—the 2011 Moving Mountains Slimdown Challenge—decision time is fast approaching.

Last year's challenge was a huge success as 339 people signed up to lose weight and get healthier.

This year's event kicks off soon, on Wednesday, Jan. 19.

The initial weigh-ins will be held at the Warm Springs Diabetes Prevention Building on Jan. 19, 20, 21 and 22; and at Mountain View Hospital on Jan. 22.

The weigh-in times for Wednesday through Friday will be from 8 to 10 a.m., 11:30 a.m. to 1:30 p.m., then from 4 to 6 p.m. On Saturday, Jan. 22, weigh-ins will be held from 9 a.m. to 1 p.m. on at the hospital.

The post-event weigh-ins will be May 5, 6 and 7.

**MOVING MOUNTAINS SLIMDOWN CHALLENGE '11**

The event is open to all Jefferson County residents ages 18 and older. Along with the individual competitions, entrants can join four-person teams in three categories: women, men, and mixed (two each). Team participants are also eligible to win individual payouts as well.

Event organizers have made a few changes from last year, including how the prize money will be awarded. This year, the top five places in the men's and women's events will receive cash awards, along with the top three men's, women's and mixed teams. Last year, only the top three individuals and the top teams received pay.

The entry fee is \$30, \$25 of which will go directly to a prize money pool for the entrant's categories. Entrants will also get a T-shirt this year.

The participants are measured in three categories—weight, waist measurement and hip measurement—and the winners are based on their individual percentage of loss in each category, not total pounds and inches lost.

The goal of Moving Mountains is to challenge the entire countywide community to live healthier lives, to transform a contest commitment into lifelong habits. During the run of the event, weekly nutrition and/or exercise programs—ranging from Zumba to water aerobics—are offered at no charge to Moving Mountains participants.

This year, organizers have established what they refer to as the No Yo-Yo rule. All those

who were money winners last year (a total of 18 entrants) who have gained more than 20 percent of the weight they lost during last year's event are not allowed to participate in the 2011 event. So, if you were in the money last year and have gained back over 20 percent of what you lost, you have until mid-January to get back down under that 20 percent mark if you want to participate this year.

The Moving Mountains Slimdown Challenge is sponsored by Mountain View Hospital, Jefferson County Health Department, Warm Springs Diabetes Prevention Program, the Madras Aquatic Center and the Madras Pioneer.

For further information, contact Carolyn Harvey at the Jefferson County Health Department (541-475-4456) or Beth Ann Beamer at Mountain View Hospital (541-460-4023).

## Boxing at Kah-Nee-Ta

The Warm Springs Boxing Club will host USA Boxing at Kah-Nee-Ta on Friday, Jan. 29.



ing season.

The bouts start at 6 p.m. Admission is \$12 for adults and \$8 for students. Seniors,

This is the kick-off event for the 2011 boxing season. \$5. Kids under 8 are free.



Sponsored by the Warm Springs Boxing Club.

## Two nutritionists join staff at Health and Wellness

By Terri Harber  
Spilyay Tymoo

The Warm Springs Tribes have two new nutritionists working out of the Health and Wellness Center.

Linda Porter, hired in November, focuses on overall nutrition. She has worked for various tribes throughout the northwest and received her training through Oregon State University.

"Nutrition is a changing science," Porter said. "We try to stay on top of the new stuff."

One thing she is considering as outreach to tribal members: a class about how to best shop if you can only go twice a month.

This is a reality for some people living on the reservation. Not everyone is licensed to drive or has access to a car. They need to take a bus or get a ride from a friend or relative and can't get access to food very often. So they buy items that have a long shelf life—and this



Nutritionists Linda Porter and Roopa Puri.

can translate into unhealthy eating if the choices aren't made wisely, she said.

Porter also wants to help people learn how to keep healthy foods longer through freezing, preservation and dehydration so they can get the most health-wise from their shopping trips.

Other areas she can help people with include healthy

cooking, juicing, and meal and menu planning. And to work with personnel at the jail, for example, to make food served there healthier and more palatable.

Roopa Puri was born in Madras and also is an Oregon State University graduate. She worked in Portland in a geriatric-psychiatric nursing home that served patients with such problems as

Alzheimer's. She recently returned to the area. She will work with the Women, Children and Infants Program to help this segment of the population improve their eating habits and, in turn, their health.

"It all starts with the mothers," Puri said. "They are very important."

Puri seeks to highlight ways to curb poor eating and weight issues with which mothers and children contend—and the illnesses that rise from obesity and an unhealthy diet.

Both new employees would like to spread knowledge about from where food originates.

They would like to do this through gardening. Puri wants to see children enrolled in classes at Early Childhood Education learn how to garden, for example.

The children "can learn where food comes from and how and what it is," she said.

For details, contact Porter or Puri at 541-553-1196.

## New training hours for boxing

The Warm Springs National Boxing Club has new training hours at the gymnasium.

For grade school and middle school boxers, the hours are from 4-6 p.m. weekdays.

For high school and up, the

hours are from 6:30-9 p.m. weekdays.

For more information, or to leave a message for boxing coach Austin Smith, please call the Community Center at 541-553-3243.

## Fish hatchery demolition ends ninety-six year history

BUTTE FALLS, Ore. (AP) — Oregon fish managers are using bulldozers and concrete breakers this week as they move forward with the unprecedented task of demolishing a state-run fish hatchery.

Oregon Department of Fish and Wildlife crews have begun knocking down the concrete walls at the Butte Falls Hatchery and filling in the 8-foot-deep ponds as the agency prepares to divest itself of the 96-year-old facility plagued by budget cuts, disease and a maintenance backlog. Demolition of the ponds, in which tens of millions of salmon and trout were raised, removes the possibility of

people or pets falling in the abandoned ponds while the agency looks to transfer the property to another governmental agency.

"It's uncharted ground for us," says Russ Stauff, ODFW's Rogue Watershed manager. "We've never done this before, so it's a bit of a work in progress."

"None of these guys are enjoying this. It's difficult to come out to a facility and do this."

Civic leaders in this mountain town rimmed by industrial forestland say they are sad to see the demolition of what was the state's third-oldest hatchery and home to an earthen pond where kids fished for stocked trout.

## Horse summit: Warm Springs, other tribes experiencing horse population problems

(Continued from page 1)

Smith is a lifelong horseman who understands the time and expense necessary for taking care of horses for rodeo, stock and racing. While there are thousands of feral horses living year-round on the reservation, the poor regional economy is contributing to the problem.

"People are getting into a bind because they can't afford hay, feed and housing for their horses," he said. "So they are just dumping their horses."

These free-roaming horses—many of which feral but roaming alongside an increasing number of abandoned ones—are at least partly to blame for a slew of problems on the Warm Springs Reservation. The decrease in numbers of deer and elk mating pairs likely is exacerbated by the horses. It's a limited amount of food available to all of these four-legged animals within areas they find suitable.

And the problems horses cause to other resources affect the entire ecosystem. They overgraze and leave weeds that grow uncontrollably into waterways. This hurts fish, cattle and, in turn, the tribal members who depend on the land, say Smith and others in the tribes' Natural Resources Department.

"It's quite a challenge," he said of the constant balancing act.

"My concern is to take care of the natural resources—water, fisheries, soils, range."

The tribes are in the middle of updating the Integrated Resources Management Plan for range and forest. A variety of matters are taken into account within the plan, including how some conditions or changes might affect hunters, certain animals and even the tribes' moneymaking endeavors.

Other tribes, including the Yakamas and Umatillas who had speakers at the summit, are suffering from similar horse-related problems. This is why the Bureau of Indian Affairs is financing research into whether it would be viable to open a horse processing plant on tribal lands.

The Warm Springs Tribal Council allowed for the eventual creation of a horse meat processing plant back in 2009, but never had a fully realized operating plan. Focus of it was to be on processing of horsemeat for pet food. Public ire surfaced when a report stated that the tribe already was moving forward with a project, according to previous reports.

A Humane Society executive noted that winning over people in the U.S. about this issue will be difficult. A poll conducted for American Wild Horse Prevention campaign and the American Society for the Prevention

of Cruelty to Animals found that nearly 2 out of 3 Americans, 62 percent, oppose the slaughter of U.S. domestic and wild horses for human consumption overseas.

Slaughter for other purposes, such as for pet food, wasn't part of the survey.

"Horses are not food in this country, they are our companions," said Scott Beckstead, the Humane Society's Oregon director.

"It's tragic people are talking

about slaughter as the only means because horse slaughter is cruel. Any individual or group that would do it runs real risk of invoking fury from the vast majority of Americans," he also said.

Beckstead watched the Warm Springs 2009 horse sale and met with tribal representatives at the time. The Humane Society is willing to work with the tribe to help them use other forms of horse population control, he emphasized.

People in the United States mostly stopped eating horsemeat after World War II, when beef, pork and chicken became more plentiful. Horsemeat is consumed in such countries as Germany, France, Japan and Mexico, however. This is the market the United Horsemen group wants to capitalize on.

More stringent measures against horse slaughter have been proposed, but failed. Separate versions of the Prevention

of Equine Cruelty Act of 2009 didn't make it through to floor votes in the House or Senate during the past Congressional session.

It would have made it a federal crime punishable with up to three years in prison for "possessing, shipping, transporting, purchasing, selling, delivering, or receiving any horse, horse flesh, or carcass with the intent that it be used for human consumption."



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